

Taste Washington Day

Chickpeas



LOCAL★FRESH★DELICIOUS

Roasted Red Pepper Hummus

Ingredients:

- 1 – 15 ounce can of chickpeas (also called garbanzo beans)
- 1 Tablespoon minced garlic
- 1 teaspoon red Tabasco sauce
- 2.5 Tablespoons lemon juice
- 2.5 Tablespoons canola oil
- Pinch of salt
- ½ teaspoon ground cumin
- 1 Tablespoon roasted red sweet peppers, chopped
- ¼ teaspoon ground cilantro or ½ Tablespoon fresh cilantro, finely chopped

Directions:

- Combine all ingredients in a food processor.
- Blend to desired consistency.
- Hold for cold service at 41° or below.
- Serve with sliced vegetables and/or pita chips.